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THE FOOD OUTLOOK

Food produced on the farm for home use can make the difference between an excellent diet and a diet that is nutritionally unsafe, especially when money for food is limited. That is one of the facts that came to light in a Nation-wide survey of diets made recently.

This survey was made by the Bureau of Home Economics, United States Department of Agriculture and four other Government agencies.

"Apparently many a farm family is not making the most of its land and livestock to feed the family right," points out (Name), (Title)
(Place).

"For, judging by this survey, at least one fourth of the nonrelief farm families in the United States are getting diets below the nutritional 'safety line' part of the year. Fewer than half get diets that are really good."

Of course, some of these families are getting poor diets simply because they cannot afford better ones, _____ explained. But in many instances a well-planned home-production program along with food bought from the store carefully selected for its nutritive value could have raised poor diets to the "excellent" class.

"The importance of getting good diets cannot be emphasized too strongly," _____ added. "For although an unsafe diet may not put a person to bed, it can undermine his health. Persons living very long on poor diets
(More)

suffer from 'hidden hunger.' Poor diets bring in their train certain symptoms that may result in a person's being constantly 'under par' in his resistance to disease and his general sense of well-being."

An illustration of the value of home-produced food is shown by a close-up view of one group of farm families.

In this group, some were getting good diets, some were getting poor; though all were getting about the same income and spending about the same amounts at the grocery store. Those with excellent diets produced three times as much milk for home use, one and one-half times as much meat, poultry, and eggs, and almost twice as many vegetables, fruits, and other home-grown produce as did the families with poor or "unsafe" diets.

The country over, the outstanding difference between good and poor diets was in the amounts of "protective" foods that good diets contained. These protective foods include milk, eggs, green leafy vegetables, tomatoes, and citrus fruits. They are called protective because they are rich in certain vitamins and minerals. They are especially valuable because they supply calcium and vitamins A and C -- the food factors frequently low in poor diets.

